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Dawn Strack
One woman’s story: Mammography saved Dawn Strack’s life

Dawn Strack knows breast cancer screening is important. All she needs to do is look at family pictures to remind herself how important. Her twin grandsons Ben and Hunter were born just before she learned she had cancer.

And she makes it clear that her family is the most important thing in her life.

“Seven years ago I was treated for breast cancer,” Strack said. “I tell friends and family to get their breast cancer screening. It saved my life.”

Strack works at Marshfield Clinic. She belongs to a breast cancer support group. She urges preventive screening to anyone who will listen.

“I was 54 at the time. I felt fine and didn’t think there was anything wrong,” she said. “I was thinking about canceling the appointment for my annual physical. Thank goodness I decided to go ahead.”

A mass that appeared to be cancer was found by the test.

“It all went pretty fast,” she said. “I had a follow-up bone scan on Thursday. On Monday my husband and I met with the surgeon. On Tuesday I had surgery.”

“The other day I overheard a woman discussing cancellation of a test. I had to step-in and tell her to get that screening if all possible,” she said. “It saved my life.”

Six years and thousands of patients later
Mobile Mammography Unit still saving lives

MARSHFIELD—Six years ago
Security Health Plan gave
$500,000 to Marshfield Clinic
to purchase a mobile unit for
on-site breast cancer exams.
Marshfield Clinic now has three
units. The newest unit went into
service in early May.

Mobile mammography units
have saved many lives. They
have the same equipment as a
clinic or hospital. They come to
small towns and businesses and
give women easier access to
important health care services.
Simply put, they help more
women get the routine tests that
can save their lives.

Each mobile unit can test about
20 women per day. Last year
5,426 women received exams at
the mobile units.

“We hear from women who come
in and say, ‘You saved my life’ or
“You saved my daughter’s life,’”
said Diane Kremer, a bone density
technician who drives the mobile
unit. “When I explain what I do,
people will ask ‘You drive the
booby bus?’ I say, ‘Whatever you
call it, it’s nice to be on a team
that is saving lives.’”

Watch for a visit by the mobile
mammography unit to your area.
To get more information call
1-800-942-3822.

According to the
American Cancer Society
1 in every 8 women
will develop breast cancer.
One woman’s story: Mammography saved Dawn Strack’s life

We all know plenty of excuses for avoiding preventive screenings.

“I’m too young…”

“It doesn’t run in my family…”

“I don’t have signs…”

“I’d be too embarrassed…”

“I don’t want the pain and discomfort…”

“I don’t have the time…”

I have yet to hear one excuse that outweighs the consequences. Especially, when you consider the lives these tests save.

In 2007 Security Health Plan helped Marshfield Clinic purchase a mobile breast cancer screening unit. Six years later there are many women who are living proof of the value of screening.

By traveling to workplaces and community centers the mobile units knock down the excuse of inconvenience. They are so successful that Marshfield Clinic now has three mobile units traveling throughout Wisconsin.

In this edition of Family Health Tips you’ll find several articles about preventive care. We want you to know your health risks. Even if you feel fine today get your recommended screenings.

I am a husband, a father and a grandfather. I owe it to those I love to make sure that I get regular screenings. I urge them to do the same.

Don’t let excuses get in the way of what really matters. Urge those you love to get screened.

Factors that increase your risk of breast cancer

- Aging
- Genetics
- Family history of breast cancer
- Lack of exercise
- Overweight
- Too much alcohol

How you can lower your risk of breast cancer

- Eat vegetables, fruit, low-fat dairy products, poultry and fish (if you eat meat)
- Exercise regularly and maintain a healthy weight
- Limit or avoid alcohol

Source: American Cancer Society

No excuses
Screening can save your life

Steve Youso
Chief Administrative Officer

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Source: American Cancer Society
Good reasons to get tested for colon cancer

Marshfield Clinic employees recently shared their views on the best thing about being screened for colon cancer. They gave some funny and thoughtful responses. We urge you to find your good reason to be tested.

1. “The best thing about having a colon test is finding out that I do not have colon cancer. Strange as it may sound, I find it very comforting and peaceful to be under the anesthetic. I have had four colon tests. I have not once experienced any pain.”

2. “The best thing about a colonoscopy is that it gives you that great feeling of being 'cleaned out.' Needless to say it is the five to seven pounds you drop overnight.”

3. “The best thing about a colon test? The sedation. The 45 minutes or so of pure relaxation every few years makes it worth the prep. Being at a slightly higher risk than most people, I am glad to get a negative result.”

4. “You can talk your partially-sedated spouse into just about anything. Like a stop at the jewelry store as you have to drive them home anyway. And they will never remember agreeing to it.”

5. “The best thing about having a colon test is when it's over. That's when you get the feeling of satisfaction no matter what the outcome. You either learn of a problem that needs to be dealt with. Or you are greatly relieved that your screening was negative. Having the procedure done is a positive health care choice.”

For more information: To find out more about your screening benefits, call Security Health Plan at 1-800-791-3044.
Not all generic drugs are inexpensive

Generic drugs can save you money. But not all generic drugs are equal.

Ask your doctor or pharmacist about generic drugs. Find out if they could treat your condition and also save you money.

We urge our members to ask about generic drugs. In many cases they offer the best value. But not all generic drugs are cheap. Some generic versions can still cost a lot.

The differences in price may be small during the first few months a new generic drug becomes available.

For some drugs there might be few companies making generic versions. There might be less competition to lower the price.

Approach with caution wholesale diabetic supply offers

Beware of offers on the phone or TV that sound too good. They could end up costing more than you expect.

Security Health Plan pharmacy expert Pat Burt urges caution when you hear an offer to buy medical supplies in bulk.

Here are some reasons:

- Sometimes the meter you receive doesn’t match the supplies covered by your insurance
- Once you get on an auto-ship list you may find yourself with more supplies than you need
- Test strips can expire
- Your health needs may change and you could wind up with a stockpile of unused items

If you have any questions about these offers, call Customer Service. They can help you. If you don’t want to get your supplies from these companies, tell them to remove you from their lists.

New company to provide rides

Do you need a ride to visit your doctor? A new company will be arranging rides as of August 1.

Medical Transportation Management (MTM) is replacing LogistiCare. Call MTM if you have no other way to get to your appointment. The phone number to call has not changed:

Call MTM (toll-free): 1-866-907-1493
TTY (Hearing Impaired): 1-800-855-2880

You will receive a ForwardHealth update from the state this summer with all the details.
We’re always improving quality

Security Health Plan wants to ensure you get high-quality health care. We work with your doctors to improve programs and services for you. To find out more about our quality improvement efforts, visit www.securityhealth.org and click on About Us, then select Quality Assurance. To request a paper copy, call 1-800-791-3044.

How we protect your privacy

On January 25, 2013, the Department of Health and Human Services issued a final rule modifying the Privacy, Security, Breach Notification, and Enforcement Rules under the Health Insurance Portability and Accountability Act (HIPAA). This newly released rule is sometimes called the “HIPAA Omnibus Rule.” The HIPAA Omnibus Rule also adopts changes to reflect amendments made by the Health Information Technology for Economic and Clinical Health Act (HITECH). It replaces the interim Breach Notification Rule. It finalizes rules to implement Title I of the Genetic Information Nondiscrimination Act (GINA).

The HIPAA Omnibus rule requires health plans update their Notice of Privacy Practices (NPP) and post the revised notice on their website by September 23. Security Health Plan will post its revised NPP on its website, www.securityhealth.org. Information on the revised NPP will be provided to all members at a later date.

If you have any questions on the HIPAA Omnibus Rule or our Notice of Privacy Practices, please call our privacy hotline at 1-866-339-0289.

See your health insurance information online

Visit www.securityhealth.org to view these health insurance documents:

- Provider Directory
- Member Handbook
- Security Health Plan Website Privacy Statement
- Privacy notice
- Fraud, waste and abuse information

If you are not already registered for Security Health Online, sign up today. Just go to www.securityhealth.org and register for Security Health Online. It’s simple, it’s protected and it’s always available.
Thank you for helping us serve you better

The reply card in the last Family Health Tips asked you to tell us how we can improve our service to you. Here are some of the comments you sent to us, and our responses.

I need more information on health topics

R: One of our main goals is to help our members improve their health. That’s why each issue of Family Health Tips includes articles on health issues and tips on how you can stay healthy. For specific questions, call Customer Service at 1-800-791-3044 to be connected with a staff member who can help you.

How will we be able to afford health insurance when it’s mandated?

R: One way health insurance will be more affordable is through tax credits and subsidies to help pay out-of-pocket expenses for services.

Give patients other ways to lose weight other than surgery

R: We agree surgery is a last resort when it comes to weight loss. That’s why we offer our Life Focus program. Members can get advice on how to lose weight through exercise and diet. There you’ll find tips on healthy eating, exercise and other tools to help you lose weight.

Information comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

How to reach us:

Customer Service:
1-800-791-3044
(TTY: 1-877-727-2232)
7 a.m. to 5:30 p.m., Monday - Friday

Website:
www.securityhealth.org

New address?
Let us know by calling our Customer Service Department.

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Security Health Plan of Wisconsin, Inc.
Our Care Management team will help you with your health care

“Our Care Management and Disease Management programs can help you deal with overlapping health problems, repeated hospital admissions and chronic conditions.”

—Judy LeMaster, R.N., B.S.N., Nurse Manager for Disease Management

Disease Management program
We can help you take good care of yourself when you have a chronic condition.

• Adult and child asthma care
• Adult diabetes care
• Adult heart care (such as high blood pressure, cholesterol, heart failure or heart attack)
• Tobacco cessation
• COPD (chronic obstructive pulmonary disease) life threatening lung disease
• Depression

Our partnership with AccordantHealth also gives you specialized support for conditions such as multiple sclerosis, lupus, rheumatoid arthritis, epilepsy and many more.

To learn more or participate in our Disease Management programs, call 1-888-788-6488.

Care Management program
Our nurses can help you understand your health care needs. We match you with the right doctors or community services. Our team is ready to help you.

• We can help you find a doctor
• We will create a care plan that is just for you

To learn more or to participate in these programs call Care Management at 1-888-799-1599.